

to 741-741 or call 1-800-273-8255

Take care of yourself. Take care of others. It matters

A discussion on mental health awareness with Dartmouth-Hitchcock Senior Director, External Affairs and former N.H. Supreme Court Chief Justice John Broderick.

We hope you will join us for this important discussion.

Date

Friday, November 8, 2019

Time

6:00 p.m.

Location

Coe-Brown Northwood Academy

Hosted by

Brianna Jackson

RSVP to <u>bjacksonseniorproject@gmail.com</u>

All are welcome!

No Entry Fee: Bring cash for a raffle, bakesale, and donations (proceeds go to Seacoast Mental Health)!

Dartmouth-Hitchcock's R.E.A.C.T. campaign provides communities throughout

New Hampshire and Vermont tips in dealing with signs of emotional suffering, and resources for support. This effort is in response to the five signs of emotional suffering identified by Change Direction, a national organization dedicated to changing the culture and communication surrounding mental illness.







